



A POWERFUL PRESCRIPTION FOR HEALTHY LIVING

Jan Tilley knew there was a niche her expertise could fill, and in 2006 she went out and made it happen.

Now, after more than 10 years in business, JTA Wellness has transformed into a full-fledged health and wellness brand that in 2016 consulted with more than 4,500 patients, the majority of whom are referred by primary care physicians.

COMMON SENSE FOOD AND FITNESS COACHING

As registered dietitian nutritionists (RDNs), JTA Wellness provides care to patients who are dealing with everything from obesity, diabetes, hypertension, and elevated blood lipids to gastrointestinal disorders, eating disorders, and cancer.

Tilley and her team meet with patients to develop personalized meal plans based on their food preferences, health issues, and lifestyle.

“We focus on establishing healthier eating habits,” Tilley says, “and creating healthy habits is easier when patients are eating familiar foods they enjoy. Losing just 5 to 10 percent of their body weight will often allow a client’s lab values to fall back into normal limits.”

Tilley’s meal plans emphasize portion control and focus on eating “real” food by eliminating processed foods and increasing lean protein, vegetables, fruits, whole grains, and low-fat dairy. Tilley’s book “Eat Well to Be Well” is a science-based journey into understanding how a pro-inflammatory lifestyle of eating excessive sugar and saturated fats combined with a sedentary lifestyle, poor sleep, and unmanaged stress can lead to chronic inflammation, which ultimately leads to chronic disease—everything from Type 2 diabetes to heart disease to cognitive decline and Alzheimer’s disease.

Tilley also believes exercise plays an integral role in creating a healthy lifestyle and that exercise “can be any activity that gets a person moving more throughout the day.” She recommends a cumulative 60 minutes of moderate intensity exercise six days a week.

TELEHEALTH SERVICES

JTA Wellness now offers telehealth services, a state-of-the-art, HIPAA-compliant online portal that allows real-time, face-to-face consulting. Originally the portal was meant to allow JTA to provide services to underserved rural communities and homebound individuals, but it has also been an amazing tool in expanding her reach in the workplace-wellness arena.

“Anything we do in our one-on-one counseling appointments we can do via telehealth,” she says. “Such appointments are like any others. We talk, review progress, work through meal plans—anything appropriate for the client’s best care.”

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AUTHOR AND MOTIVATIONAL SPEAKER

In 2008, Jan Tilley published her first book, “Getting Your Second Wind.” She describes it as a collection of personal and professional stories intended to help others find their personal path to wellness. She began speaking in cities throughout the country on the power of wellness soon after.

“Healthy Meals for Hurried Families” followed—a dream realized and a collection of quick, easy, healthy recipes she raised her children on.

“I have a passion for helping busy moms and dads put dinner on the table,” Tilley says. “It may be the only time families have to talk, laugh, and share life together.”

“Eat Well to Be Well,” Tilley’s most recent book, is highly acclaimed and endorsed by former First Lady Barbara Bush and Ed Whitacre, Chairman Emeritus, AT&T Inc. and former Chairman and CEO, General Motors Company. All of Tilley’s books are available for purchase at amazon.com and jtawellness.com.

Today Tilley spends much of her time managing workplace wellness clients, speaking across the country on the power of living your best life, and seeing patients in her San Antonio clinic.

